



Hip Exercises

Your doctor or physical therapist will tell you when you can start these exercises and which ones will work best for you.

Hip rotator stretch



1. Lie on your back with both knees bent and your feet flat on the floor.
2. Put the ankle of your affected leg on your opposite thigh near your knee.
3. Use your hand to gently push you knee away from your body until you feel a gentle stretch around your hip.
4. Hold the stretch for 15 to 30 seconds.
5. Repeat 2 to 4 times.
6. Repeat steps 1 through 5, but use your hand to gently pull your knee toward your opposite shoulder.

Iliotibial band stretch



Important Numbers:



1. Lean sideways against a wall. If you are not steady on your feet, hold on to a chair or counter.
2. Stand on the leg with the affected hip, with that leg close to the wall. Then cross your other leg in front of it.
3. Let your affected hip drop out to the side of your body and against the wall. Then lean away from your affected hip until you feel a stretch.
4. Hold the stretch for 15 to 30 seconds.
5. Repeat 2 to 4 times.

Straight-leg raises to the outside



1. Lie on your side, with your affected hip on top.
2. Tighten the front thigh muscles of your top leg to keep your knee straight.
3. Keep your hip and your leg straight in line with the rest of your body, and keep your knee pointing forward. Do not drop your hip back.
4. Lift your top leg straight up toward the ceiling, about 12 inches off the floor. Hold for about 6 seconds, and then slowly lower your leg.
5. Repeat 8 to 12 times.

Important Numbers:



Clamshell



1. Lie on your side, with your affected hip on top and your head propped on a pillow. Keep your feet and knees together and your knees bent.
2. Raise your top knee, but keep your feet together. Do not let your hips roll back. Your legs should open up like a clamshell.
3. Hold for 6 seconds.
4. Slowly lower your knee back down. Rest for 10 seconds.
5. Repeat 8 to 12 times.

Foam Roller



1. Lie with your affected hip on the foam roller. Cross your unaffected leg in front your body for support and use your forearm for balance.
2. Slowly roll your hip across the foam roller
3. Add more time gradually each day to help mobilize your tissues and break up scar tissue.

Important Numbers:

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